

ABSTRACT OF THE DISCLOSURE

An optical recording medium comprising at least a land and a groove where information-recording/reproducing is carried out by a flying type optical head, The optical recording medium keeps the flying height of the flying optical head constant in the entire region of the recording/reproducing area, and is provided with at least one characteristic among the following characteristics: RP which is dependent on land and groove parameters and the flying height satisfies the relation of  $H > R_p \cdot 0.1H$ ; centerline mean roughness Ra is in the range of 0.2 nm Ra 2.0 nm, and the layer thickness of a liquid lubricant layer satisfies the relation of  $t \leq R_a$ ; the relation of  $\Delta R_p \leq \lambda/16NA$  which is dependent on the effective numerical aperture, laser wavelength and surface parameters is satisfied where all parameters in the formula are defined in the specification; and the height of a header area is different from the height of a land portion.